SPANISH FORK
PARKS & RECREATION

High School Flag Football 7 on 7 League

We will use UHSAA Football rules for any rules that are not specifically listed in this document.

GENERAL RULES

● Girls and boys are encouraged to participate in the league. No requirement of how many boys and girls on each team or on the field at any given time.
● A player can only be on one team/roster for the league.
● Each team must have at least one coach age 21 years or older present at all games acting as a coach.
● It is the responsibility of each coach to practice good sportsmanship and enforce it with his own players.
● All players not in the game must be on the sideline. The offensive team may have one coach age 21 or older in the huddle. No coaches are allowed in the defensive secondary.

CLOCK & TIMEOUTS

● A team has 2 timeouts per half. Timeouts from the first half will not carry over to the second half.
● A game will consist of two 20 min halfs. The clock will not stop unless it is within 2 min of the half. Within 2 min of the half the clock will stop on any dead ball situation according to UHSAA Football rules.

SCORING

● Touchdown = 6 points
● Extra Point from the 5 yard line = 1 point
● Extra Point from the 10 yard line = 2 points
● Interception = 3 points (no points awarded for an interception on an extra point attempt)

GAMEPLAY

1. Each team will have 7 players on the field at a time. The offense must use someone to snap the ball if in SHOTGUN. (NOT REQUIRED to snap if not in shotgun, but the QB must have at least a 3 step drop.)

2. Only 5 players are allowed to go out for a pass. Center is ineligible.

3. No RUNNING PLAYS ALLOWED.

4. Double Pass is allowed. (a pass must be an overhand thrown in order to count as a pass.)

5. There is no blitzing. All seven defenders must drop into coverage. If a double pass is attempted then the ball is live and can be rushed.

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6. The offense has 4 seconds to pass the ball. If a pass is not attempted within 4 seconds then the result of the play will be a sack. A sack will be the same as an incomplete pass. The 4 second sack count does not not apply to a double pass and the count will stop after the first pass. Time for the sack clock is managed by a stopwatch held by the official.

7. The game will be played with flags provided by Spanish Fork Parks & Recreation. A player is down wherever their flag is pulled and the ball is spotted.

8. Fumbles will be considered a dead ball and will be downed where the fumble occurs, with the offense retaining possession. A team can not fumble the ball forward to gain a first down or Touchdown, if this happens the ball will be placed at the spot of the ball carrier where the fumble occurred.

9. Players may stretch the ball forward to achieve a first down or touchdown, but NO DIVING is permitted by an offensive player at any point in the game. Diving will result in a 10 yard penalty from the spot of the foul.

10. The offense will start every possession at their own 20 yard line. We will have no kickoffs or punts in the league. (this is included on interceptions and turnovers on downs)

11. Each time a pass is completed the ball is moved to the spot where the ball carrier is downed.

12. The offense can earn a first down by getting past the next possible 20 yard line marker. 20 yard line markers will be placed equally throughout the 80yrd playing field.

13. Contact with receivers will be allowed up to 5 yards downfield.

14. There will be no re-routing, knocking off crossing routes, etc.. If this occurs it will be a 10 yard penalty from the spot of the foul and potential ejection from the game for egregious and/or repeated violations.

15. There is no blocking down the field by the offense. This will result in a 10 yard penalty from the spot of the foul.

16. When an interception occurs it will be 3 points awarded to the intercepting team, and it will be an immediate dead ball change of possession. The team will take possession of the ball at their own 20 yard line.

OVERTIME

- Each team will start at the 5-yard line and have 1 play to score. If you score you can go for one or two points. Process continues until you have a winner.
- An Interception will end the game.